



Cooking Solo

The Capital Area Food
Bank's Cooking for 1
Cook Book

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Foreward

This cook book was created to use as a tool for those who prepare small meals for one or two people. These days there are many people who eat alone: Senior Citizens, teenagers after sports practice, parents when they are kept late for work, and single people of all ages. According to the US Bureau of Census the number of single person households has increased at almost twice the rate of all households during the past 25 years. Now 1 in every 5 of all US households is a single person household; so you are not alone!

Preparing small meals can often be a challenge for many reasons. Shopping on such a small scale can often be confusing and costly. Also storing food properly so it doesn't spoil can be difficult when you're using smaller quantities. Hopefully this cookbook will be a useful resource in combating these problems. If further information is needed please contact the Capital Area Food Bank for other meal ideas as well as cooking and shopping tips for the individual.

The section of recipes adapted from the USDA's website is the most helpful because these recipes contain both nutrition and cost information. The other recipes are great ideas for single meals; however, they may be more costly because you are less likely to have all of the ingredients on hand. Another great resource for nutritious single serving meals is www.mealsforyou.com. *Meals for You* allows you to search for recipes based on different nutrition criteria and will even put together entire meals with a shopping list.

Other useful websites:

www.recipes.com

www.cooks.com

www.chefs.com

<http://vgs.diabetes.org/recipe/index.jsp>

http://www.stopandshop.com/great_ideas/meal_solutions/

<http://www.cdc.gov/>

<http://www.firstgov.gov/Topics/Seniors.shtml>

<http://nihseniorhealth.gov/>

We hope you find all of this information useful. ENJOY!

USDA RECIPES

The following recipes were taken from the website for the United States Department of Agriculture (<http://www.nal.usda.gov/foodstamp/>). As a result they come with complete nutrition facts as well as costs per recipe and per serving. There are other recipes and cooking tips available at this website.

Orange Pork Chops

Serving Size: 1 chop

Yield: 2 servings

Ingredients:

2 pork chops
1 peeled sweet potato
1/2 sliced orange
dash of cinnamon
dash of salt
dash of black pepper

Instructions:

Preheat oven to 350 degrees.

1. In a medium skillet, brown pork chops in a small amount of oil.
2. Cut sweet potato into 1/2-inch slices.
3. Place meat and sweet potato slices in a baking dish and top with orange slices; sprinkle with seasonings.
4. Cover and bake for 1 hour until meat is tender.

Fight BAC!... Cook pork to 170 degrees.

Cost:

Per Recipe: \$ 1.89

Per Serving: \$ 0.95

Source:

Adapted from:
Simply Seniors Cookbook
Utah Family Nutrition Program
Utah State University Extension

Nutrition Facts	
Serving Size (180g)	
Servings Per Container	
Amount Per Serving	
Calories 260	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 4.0g	20%
Cholesterol 65mg	22%
Sodium 55mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 25g	
Vitamin A 190%	Vitamin C 50%
Calcium 6%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Easy Chicken and Dumplings

Serving Size: 1/2 of recipe

Yield: 2 servings

Ingredients:

2 Tablespoons all purpose flour
2 Tablespoons water
1 cup chicken broth
1 cup chicken, cooked and diced
1/4 teaspoon salt
dash black pepper
Dumplings:
1/3 cup all purpose flour
1/2 teaspoon baking powder
1/4 teaspoon salt
dash black pepper

Instructions:

1. Mix 2 tablespoons flour and water in a pan until smooth.
2. Slowly stir in broth.
3. Cook over medium heat until thickened.
4. Add chicken, salt and pepper.

Make Dumplings:

5. Combine 1/3 cup flour, baking powder, and salt in a small bowl. Stir in milk until dough forms.
6. Drop dumpling dough from a Tablespoon onto gently boiling chicken mixture, making 4 dumplings.
7. Cover pan tightly and cook slowly for 15 minutes without lifting the lid.

Cost:

Per Recipe: \$ 1.31

Per Serving: \$ 0.66

Source:

Adapted from:
Wellness Ways Resource Book
University of Illinois Extension Service

Nutrition Facts			
Serving Size (257g)			
Servings Per Container			
Amount Per Serving			
Calories 290		Calories from Fat 80	
		% Daily Value*	
Total Fat 8g		12%	
Saturated Fat 2.5g		13%	
Cholesterol 65mg		22%	
Sodium 1560mg		65%	
Total Carbohydrate 24g		8%	
Dietary Fiber 1g		4%	
Sugars 1g			
Protein 28g			
Vitamin A 2%		• Vitamin C 0%	
Calcium 10%		• Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Snappy Rice Dish

Serving Size: 1/2 of recipe

Yield: 2 servings

Ingredients:

1 cup vegetables, frozen or fresh - cut into bite size pieces
1/2 cup chicken broth, reduced salt - or use water
1 cup brown rice, cooked, or any other rice
1/2 can kidney beans (about 7 oz) or chick peas, pink beans, kidney beans
dill weed (fresh-snipped or dry) to taste
pepper to taste

Instructions:

1. Steam fry the vegetables in the chicken broth (or water) using a small pan, pot, or electric skillet, on medium high heat.*
2. Cook the vegetables the way you like them (firm or soft), stirring gently. Add more broth as needed to keep the vegetables moist.
3. Add the rice, canned beans and seasonings. Steam fry until heated through.

* Microwave version: Follow the same steps above. Use a microwave safe, covered dish. Stir the vegetables every 2 to 3 minutes. Just before they are cooked, add the rice, beans and herbs. Cook until heated. Rotate the dish & stir gently.

Cost:

Per Recipe: \$ 1.66

Per Serving: \$ 0.83

Source:

Adapted from:
Senior Nutrition Awareness Project(SNAP)
Summer 1999 Newsletter
University of Connecticut Family Nutrition Program

Nutrition Facts	
Serving Size (355g)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 52g	17%
Dietary Fiber 13g	52%
Sugars 3g	
Protein 12g	
Vitamin A 80%	Vitamin C 6%
Calcium 6%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Brussels Sprouts with Mushroom Sauce

Serving Size: 1/2 of recipe

Yield: 2 servings

Ingredients:

1/2 pound brussels sprouts or broccoli, cabbage, kale, collards, or turnips
 1/2 cup chicken broth, low sodium
 1 teaspoon lemon juice
 1 teaspoon spicy brown mustard
 1/2 teaspoon dried thyme
 1/2 cup sliced mushrooms

Instructions:

1. Trim brussels sprouts and cut in half. Steam until tender - about 6 to 10 minutes, or microwave on high for 3 to 4 minutes.
2. In a non-stick pot bring the broth to a boil.
3. Mix in the lemon juice, mustard, and thyme. Add the mushrooms.
4. Boil until the broth is reduced by half, about 5 to 8 minutes.
5. Add the brussels sprouts (or other cooked vegetable).
6. Toss well to coat with the sauce.

Cost:

Per Recipe: \$ 1.25

Per Serving: \$ 0.63

Source:

Adapted from:
 Senior Nutrition Awareness Project (SNAP) Newsletters
University of Connecticut Family Nutrition Program

Nutrition Facts			
Serving Size (196g)			
Servings Per Container			
Amount Per Serving			
Calories 70		Calories from Fat 10	
% Daily Value*			
Total Fat 1.0g		2%	
Saturated Fat 0g		0%	
Cholesterol 0mg		0%	
Sodium 85mg		4%	
Total Carbohydrate 10g		3%	
Dietary Fiber 4g		16%	
Sugars 3g			
Protein 4g			
Vitamin A 10%		• Vitamin C 160%	
Calcium 4%		• Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Banana Split Oatmeal

Serving Size: 1

Yield: 1 serving

Ingredients:

1/3 cup dry oatmeal, quick-cooking

1/8 teaspoon salt

3/4 cup very hot water

1/2 sliced banana

1/2 cup frozen yogurt, non-fat

Instructions:

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on 100% power for 1 minute. Stir. Microwave on 100% power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on 100% power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

Cost:

Per Recipe: \$ 0.41

Per Serving: \$ 0.41

Source:

Adapted from:

Recipe Collection, p.14

University of Nebraska-Lincoln Cooperative Extension

Nutrition Facts	
Serving Size (339g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 48g	16%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 7g	
Vitamin A 0%	Vitamin C 8%
Calcium 10%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Pasta Primavera

Serving Size: 1/3 of recipe

Yield: 3 servings

Ingredients:

- 1 cup noodles, uncooked
- 1 Tablespoon vegetable oil
- 2 cups chopped mixed vegetables
- 1 cup chopped tomatoes
- 1 Tablespoon margarine
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 3 Tablespoons Parmesan cheese

Instructions:

1. Cook noodles according to package directions.
2. While noodles are cooking, heat oil in a skillet.
3. Add vegetables and saute until tender; stir constantly.
4. Add tomato and saute 2 more minutes.
5. Toss vegetables with noodles and margarine.
6. Add seasonings; sprinkle with Parmesan cheese.

Cost:

Per Recipe: \$ 1.92

Per Serving: \$ 0.64

Source:

Adapted from:

Simply Seniors Cookbook, p.43

Utah Family Nutrition Program

Utah State University Extension

Nutrition Facts	
Serving Size (266g)	
Servings Per Container	
Amount Per Serving	
Calories 300	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2.5g	13%
Cholesterol 20mg	7%
Sodium 260mg	11%
Total Carbohydrate 41g	14%
Dietary Fiber 7g	28%
Sugars 9g	
Protein 11g	
Vitamin A 250%	Vitamin C 40%
Calcium 10%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Anytime Pizza

Serving Size: one slice bread

Yield: 2 servings

Ingredients:

1/2 loaf Italian or French bread split lengthwise, or 2 split English muffins

1/2 cup pizza sauce

1/2 cup cheese, low-fat shredded mozzarella or cheddar

3 Tablespoons chopped green pepper

3 Tablespoons sliced mushrooms, fresh or canned
other vegetable toppings as desired (optional)

Italian seasoning (optional)

Instructions:

1. Toast the bread or English muffin until slightly brown.
2. Top bread or muffin with pizza sauce, vegetables and low-fat cheese.
3. Sprinkle with Italian seasonings as desired.
4. Return bread to toaster oven (or regular oven preheated to 350 degrees).
5. Heat until cheese melts.

Cost:

Per Recipe: \$ 1.81

Per Serving: \$ 0.91

Source:

Adapted from:

Pumpkin Post/Banana Beat

**University of Massachusetts Extension Nutrition
Education Program**

Nutrition Facts	
Serving Size (144g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Cholesterol 15mg	5%
Sodium 540mg	23%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 12g	
Vitamin A 15%	Vitamin C 30%
Calcium 30%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Meaty Stuffed Potatoes

Serving Size: 1 potato

Yield: 3 servings

Ingredients:

3 medium potatoes
1 cup turkey, chicken, beef, or pork, diced and cooked
1 cup coarsely chopped broccoli
1/2 cup chopped onion
1/2 cup thinly sliced carrots
3/4 cup hot water
3/4 cup nonfat milk
1 Tablespoon flour
1/4 teaspoon black pepper
1/2 cup cheese, shredded low-fat

Instructions:

1. Wash your hands and work area.
2. Scrub potatoes. Remove any bad spots. Do not peel. Cut each in half.
3. In a covered saucepan, boil potatoes in just enough water to cover the pieces. When they are fork-tender (about 15 to 20 minutes), remove from heat and drain. Set aside. (Note: you can also pierce whole potatoes with a knife or fork in several places and cook in microwave without water until fork tender, then cut each in half).
4. Meanwhile, in a skillet sprayed with non-stick cooking spray, combine cooked meat, broccoli, onion, carrots and water.
5. Boil until vegetables are fork tender - about 5 minutes. Reduce heat to low.
6. In a jar with a tight fitting lid, combine milk, flour and pepper. Shake well.
7. Stir flour mixture into meat mixture until well blended.
8. Stir in cheese. Cook over low heat about 5 minutes longer or until sauce thickens, stirring frequently.
9. To serve, place 2 potato halves on each plate and mash the middle somewhat. Spoon about one third cup of the meat mixture over each potato half
10. Cover and refrigerate leftovers within 2 hours.

Nutrition Facts			
Serving Size (471g)			
Servings Per Container			
Amount Per Serving			
Calories 280		Calories from Fat 30	
		% Daily Value*	
Total Fat 3.0g		5%	
Saturated Fat 1.5g		8%	
Cholesterol 40mg		13%	
Sodium 210mg		9%	
Total Carbohydrate 41g		14%	
Dietary Fiber 6g		24%	
Sugars 11g			
Protein 28g			
Vitamin A 90%		• Vitamin C 130%	
Calcium 25%		• Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Cost:

Per Recipe: \$ 3.34

Per Serving: \$ 1.11

Source:

Adapted from:

Fix it Fresh! Recipe Series

Kansas State University Research and Extension

Recipes For One or Two From the Capital Area Food Bank



These recipes were taken from the “Cooking Solo” brochure published by the American Institute for Cancer Research in 1996. Nutrition and cost information were not available for the following recipes.

Main Dishes

Mustard-Rosemary Chicken

Serving Size: 1 Chicken Breast Half

Yields: 2 Servings

Ingredients:

2 Tbsp. Dijon Mustard
2 Tbsp. Lemon Juice
1-2 Cloves Garlic, minced
1 ½ tsp. Dried Rosemary

Pepper, to taste
2 chicken breast halves-
(skin removed)

Instructions:

1. Combine all ingredients except chicken in flat baking dish.
2. Add chicken pieces, turning to coat well with the mixture.
3. Cover and marinate at least one hour or overnight in the refrigerator.
4. Cover and cook at 375 for approximately 45 minutes
5. To check for doneness, insert fork in thickest part of chicken. If juice comes out clear, chicken is done.

White Bean Chili

Ingredients:

1 Small Onion, chopped	½ cup corn, frozen
2 tsp. Olive Oil	2 tsp. Chili Powder
1 10oz. Can Diced Tomatoes With Green Chilies	2 Tbsp. Scallions, chopped
3 Tbsp. Tomato Paste	
1-14oz. Can Great Northern (white) Beans, drained and rinsed	

Instructions:

1. Using a 5-quart pan, sauté onion in oil over medium heat, stirring until onion is soft (about 3-5 minutes).
2. Stir in tomatoes with green chilies, tomato paste, beans, corn and chili powder.
3. Heat to boiling.
4. Reduce heat and simmer uncovered for 10 minutes
5. Serve topped with scallions

Pasta with Tuna Sauce

Ingredients:

1 tsp. Olive Oil	½ to 1 tsp oregano
1 garlic clove, minced	1 or 2 pinches cayenne pepper
1 6-½ oz can water-packed tuna, Drained	5-6 oz pasta
1 ¾ cups tomato puree	1 ½ Tbsp. Grated Parmesan cheese
1 Tbsp. Fresh Parsley, Minced (or 1 ½ tsp, dried)	

Instructions:

1. Heat oil in skillet over medium heat. Add garlic and sauté, until golden.
2. Add remaining ingredients except pasta and cheese.
3. Simmer uncovered for about 15 minutes. Add water if sauce gets too thick.
4. Meanwhile, cook pasta in boiling water until tender but still firm.
5. Drain pasta
6. Serve immediately, topped with sauce and cheese.

Side Dishes

Herbed Bulgur

Ingredients:

1 cup reduced-sodium broth	½ tsp Fine or Italian Herbs
Chicken, beef, or vegetable	1/8 tsp. pepper
1 tsp. Olive oil	
½ cup bulgur	

Instructions:

1. In 1 or 2-quart saucepan, bring the broth and oil to a boil.
2. Add bulgur, herbs, and pepper and stir together
3. Return to boil.
4. Cover and simmer on low heat for 12-15 minutes, or until the water is absorbed.

Honey Basil Carrots

Ingredients:

4 small to medium carrots	1 Tbsp. Slivered nuts (optional)
Cut diagonally into	1/8 tsp. Dried basil flakes
½ inch slices	1/8 tsp pepper
2 tsp. Honey	
2 tsp. Water	

Instructions:

Microwave:

1. In microwave safe container, mix carrots, honey, water, basil, and pepper.
2. Cover and microwave on high for 10 minutes, turning container halfway around after 5 minutes
3. Sprinkle with almonds before serving (optional).

Stovetop:

1. Steam carrots until crispy tender, about 10 minutes.
2. While carrots are cooking, mix together remaining ingredients
3. Mix carrots with honey-basil mixture before serving

Zucchini and Tomatoes

Ingredients:

1 small zucchini or summer squash	1 Tbsp water
Sliced ¼ inch thick	2 small tomatoes or one large tomato
1 small onion, sliced into ¼ inch wedges	cut into small wedges
1 tsp. Olive Oil	½ tsp. Garlic powder
	1/8 tsp. Black pepper

Instructions:

1. Using a skillet, cook zucchini and onion in oil over medium heat.
2. Add water as zucchini and onion start to stick to pan.
3. Add remaining ingredients and cook on low heat for 3 minutes or until zucchini has reached desired tenderness.
4. Stir constantly to prevent sticking.

Desserts

Pear Fans a L' Orange

Ingredients:

1 Tbsp. Sugar	1 tsp. Orange or lemon peel
2 tsp. Lemon juice	finely shredded
¼ cup orange juice	1 Bartlett Pear (or other variety)
1 ½ tsp. Cornstarch	

Instructions:

1. In a small saucepan, combine sugar and cornstarch thoroughly, then stir in lemon juice and orange juice.
2. Cook over medium heat, stirring constantly until thickened and clear.
3. Stir in peel.
4. Pour orange sauce onto two flat dessert plates. Set aside.
5. Cut pear in half lengthwise. Remove core and seeds.
6. Cut each pear into slices and fan out slices on the plate with the sauce.

*Sauce can be served at room temperature or served cold. It may be made up to one day ahead; when serving, add a bit of water to thin, if needed.

Blueberry-Peach Crisp

Ingredients:

¼ cup crunchy nugget-type cereal (like Grapenuts)	1-cup peaches peeled and sliced
¼ cup uncooked oatmeal (Old fashioned or quick, not instant)	1 cup blueberries
3 Tbsp. Brown sugar, packed	1 ½ Tbsp. Orange juice
1 Tbsp margarine or butter, melted	1 ½ tsp. Lemon juice

Instructions:

1. Combine cereal, oatmeal, and brown sugar in a bowl. Stir in melted margarine; set aside.
2. Arrange fruit in small baking dish or loaf pan.
3. Combine orange and lemon juices; pour over fruit.
4. Top with cereal-oat mixture.
5. Bake at 375 for about 25 minutes, or until peaches are tender but not mushy and top is lightly browned.
6. Serve warm or cold. Top with a scoop of frozen yogurt if desired.

Raspberry Sundae

Ingredients:

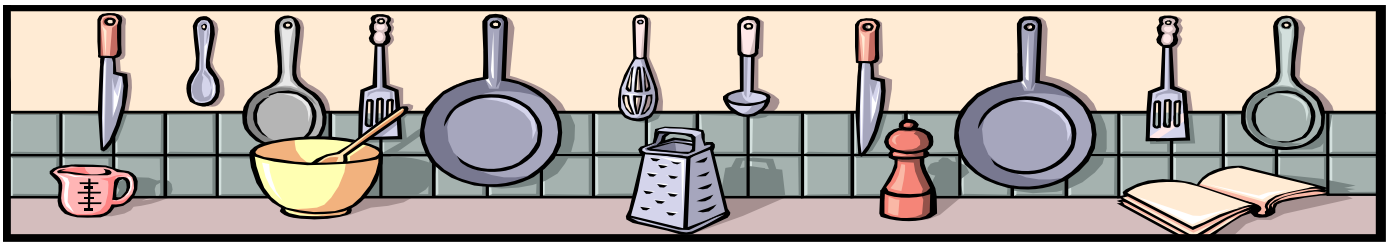
1 10 oz package frozen raspberries thawed	1/8 tsp. Cinnamon
Or 2 cups fresh	favorite frozen yogurt
1 Tbsp. Cornstarch	
1 Tbsp. Brown sugar	

Instructions:

1. In 2-quart pan, mash half the raspberries with back of spoon. Add cornstarch and sugar.
2. Stir over medium-low heat until sauce boils and thickens.
3. Remove from heat. Add remaining raspberries and cinnamon. Cool.
4. Refrigerate until served. Serve over favorite nonfat frozen yogurt.

NOTE:

The recipes in this section may require some ingredients that are more costly. The cost per recipe will thus be determined by what items you have on hand and what items you need to buy.



Quick Black Bean Recipes for One or Two

For three different recipes, you will need:

- 1 15 oz can Black Beans
- 1 15 oz can Corn
- 1 jar of Salsa
- 1 package corn or flour tortillas
- 8 oz 2% cheddar cheese, shredded
- 1 onion, chopped
- 1 green bell pepper, chopped
- spinach-optional
- cayenne pepper, cumin, chili powder as desired

Black Bean Soup

Sauté in a small amount of oil until tender:

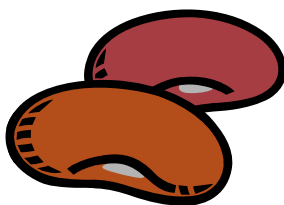
- 2 Tablespoons onion
- 2 Tablespoons bell pepper

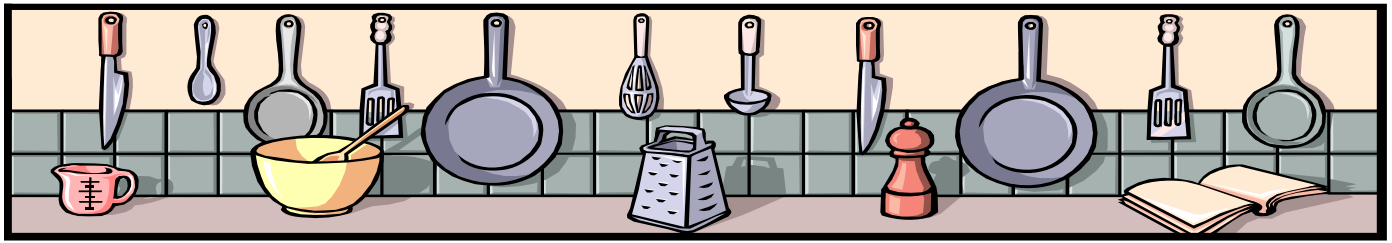
Add:

- 1/3 can black beans, not drained
- 1/3 can corn, drained

Season with: garlic, cumin chili powder, and cayenne to taste

Serve with: cheese, salsa and tortillas.





Taco Casserole

Sauté in a small amount of oil until tender and set aside:

3 Tablespoons onion

3 Tablespoons bell pepper

Layer in a small baking dish (bread pan, 9 x 9 square, round cake pan):

-Place a layer of tortillas to cover the bottom of the pan

-Add a layer of corn, black beans, spinach (if using), onions, bell pepper, salsa, and cheese

-Repeat layers to desired thickness

-Finish with tortillas on the top layer, garnish with salsa and cheese

Bake: 375 until bubbly and heated through

Serving tip: Add cooked ground beef, turkey or left over chicken

Quesadilla

In a skillet over medium heat:

-Spray pan with non-stick oil

-Place one flour or corn tortilla in the pan

-On half of the tortilla, layer cheese, beans, corn, and spinach.

-Add cooked onions and bell pepper as desired

-Fold tortilla over and heat on both sides until cheese is melted

Serving tip: garnish with salsa, chili powder and/or cumin season the vegetables nicely

1... 2... COOK!

The Following recipes are taken from the recipe exchange of the 1... 2... COOK! website (<http://www.1-2-cook.com/index.php>). 1... 2... Cook is a cookbook intended for single persons or couples who want to make meals for just one or two people.

Pasta

Submitted By: Nancy Carol Elder

Category: Pasta

Recipe Title: Lazy Lasagna

of Servings: 2

Ingredients: 1 cup spaghetti sauce
1/2 cup cottage cheese
3/4 cup shredded mozzarella cheese
1-1/2 cups cooked wide noodles
2 tablespoons grated Parmesan cheese

Directions: Warm the spaghetti sauce; stir in cottage cheese and mozzarella cheese. Fold in noodles. Pour into two greased 2-cup casseroles. Sprinkle with Parmesan cheese. Bake uncovered, at 375 degrees for 20 minutes or until bubbly.

Submitted By: Nancy Carol Elder

Category: Pasta

Recipe Title: Poppy Seed Noodles

of Servings: 2

Ingredients: 2-3 ounces noodles(about 1 cup)
1-1/2 teaspoons salt
6 cups water
2 tablespoons butter
1 teaspoon poppy seeds

Directions: Add salt to water. Cook noodles according to package directions. Drain. Add butter and poppy seeds.

Submitted By: Stephanie

Category: Pasta

Recipe Title: Vodka Sauce with Tomato

of Servings: 2

Ingredients: 2 Tbs butter
1/4 onion, diced
1 clove garlic, minced
1/3 cup vodka
1 15-oz can diced tomatoes
Salt and white pepper to taste
Dash of hot sauce
3/4 cup heavy cream
1/2 lb penne or your favorite pasta, cooked
1 scallion stalk, sliced thin including green (optional)
Freshly grated parmesan or Romano cheese to taste (optional)

Directions: Saute the onion in butter over med high heat until translucent. Add garlic and saute until tender but not browned, about 1-2 min. Pour in vodka and cook 3 min. Add tomatoes, salt and pepper and hot sauce cook another 3 min. Stir in heavy cream and heat through making sure it doesn't boil. Divide pasta into two pasta dishes and spoon sauce over. Sprinkle with scallions and grated cheese. Great served with crusty bread and fresh Caesar salad.

My teenage sons love this dish! Their friends will actually come over and request that we make this (I double the recipe for these occasions). Maybe it's the idea of having vodka legally, but I think it's because it is so delicious!

Chicken/Poultry

Submitted By: Kristin Rice Roeder

Category: Chicken/Poultry

Recipe Title: Breaded Ranch Chicken

of Servings: 8

Ingredients: **The breading mixture makes enough for 8 chicken breasts, but I usually reserve half of the mixture for another time and make just 3 or 4 breasts at a time. The remaining mixture can be stored in the fridge!

3/4 cup crushed Corn Flakes
3/4 cup Parmesan cheese
1 envelope Hidden Valley Ranch Mix
8 chicken breasts
1/2 cup melted butter

Directions: In large shallow bowl, mix Corn Flakes, Parmesan cheese and Hidden Valley Ranch packet. Dip chicken breast into melted butter, then in Corn Flake mixture to coat. Put chicken into greased dish and bake at 350 degrees for 35-45 minutes, or until juices of the chicken run clear.

Submitted By: Nancy Carol Elder

Category: Chicken/Poultry

Recipe Title: Oven-Barbecued Chicken

of Servings: 3

Ingredients: 3 bone-in chicken breast halves (about 1-1/2 pounds)
1 small onion, sliced
1 bottle (12-oz.) chili sauce
1 can (8-oz.) tomato sauce
1 tablespoon Worcestershire sauce
1/2 teaspoon dried oregano
pepper to taste

Directions: Brown chicken on all sides in a skillet coated with nonstick cooking spray. Transfer to a greased 11x7x2-inch baking dish; top with onion. Combine the rest of the ingredients except pepper; pour over chicken. Sprinkle with pepper. Bake; uncovered at 350 degrees for 45 minutes or until meat juices run clear.

Submitted By: Nancy Carol Elder
Category: Chicken/Poultry
Recipe Title: Crispy Dijon Chicken
of Servings: 2
Ingredients: 1/4 cup plain yogurt
1/2 teaspoon salt-free herb seasoning blend
1/2 teaspoon lemon juice
1/2 teaspoon Dijon mustard
1/2 cup cornflakes
1/4 cup grated Parmesan cheese
2 bone-in chicken breast halves
Directions: Combine first 4 ingredients. In another bowl, combine the next 2 ingredients. Roll chicken in first mixture and then in the crumb mixture. Place in a greased 8-inch square baking pan. Bake, uncovered at 350 degrees for 35-45 minutes or until chicken juices run clear.

Submitted By: Nancy Carol Elder
Category: Chicken/Poultry
Recipe Title: Dump It And Run Chicken
of Servings: 2
Ingredients: 2 boneless, skinless chicken breasts
1 small package fresh baby carrots
1 can (10.5-oz) cream mushroom soup, undiluted
1 can (13.5-oz.) mushrooms, undrained
cooked rice
Directions: Layer ingredients in order into a crockpot. Season to taste with salt and pepper. Cover and cook on High for 2 hours and then on Low 3 hours or cook on low about 8 hours.

Submitted By: Nancy Carol Elder
Category: Chicken/Poultry
Recipe Title: Picante Black Bean Chicken
of Servings: 2
Ingredients: 2 boneless, skinless chicken breast halves
1/4 teaspoon salt
1/4 teaspoon black and red pepper blend
1 tablespoon oil
1/3 cup thick and chunky picante salsa
2 tablespoons purchased black bean dip
Directions: Sprinkle chicken with salt and pepper blend. Heat oil in medium skillet over medium-high heat until hot. Add chicken; cook 3 to 5 minutes on each side or until browned. Reduce heat to medium-low. In small bowl, combine picante salsa and bean dip; spoon over chicken. Cook 4-6 minutes or until chicken is no longer pink and sauce is of desired consistency.

Submitted By: Nancy Carol Elder
Category: Chicken/Poultry
Recipe Title: Turkey With Apple Slices
of Servings: 2
Ingredients: 2 turkey breast tenderloins(about 4 ounces each)
1 tablespoon butter or margarine
2 tablespoons maple syrup
1 tablespoon cider vinegar
1 teaspoon Dijon mustard
1/2 teaspoon chicken bouillon granules
1 medium tart apple, sliced
Directions: In a large skillet, cook turkey in butter over medium heat for 4-5 minutes on each side or until the juices run clear. Remove from the skillet; cover and keep warm. In a small skillet, combine the syrup, vinegar, mustard and bouillon. Add the apple; cook and stir over medium heat for 2-3 minutes or until apple is tender. Spoon over turkey.

Submitted By: Shawna

Category: Chicken/Poultry

Recipe Title: Turkey Surprise

of Servings: 2

Ingredients: 1 can Cream of Chicken Soup
3/4 cup Milk
1/2 cup Frozen Peas
1/2 cup Chopped Turkey/Chicken
Salt & Pepper to taste
Buttered Toast

Directions: Mix the milk and soup over medium heat until warm.

Add frozen peas, turkey, salt and pepper.

Heat through and serve over hot buttered toast.

Submitted By: Nancy Carol Elder

Category: Chicken/Poultry

Recipe Title: Orange-Glazed Chicken

of Servings: 1

Ingredients: 1 tablespoon all-purpose flour
1/2 teaspoon salt, opt.
1/4 teaspoon pepper
1 boneless, skinless chicken breast half
2 teaspoons vegetable oil
1/2 teaspoon orange marmalade
dash ground nutmeg
1/2 cup orange juice

Directions: Combine flour, salt if desired and pepper; coat chicken breast. In a skillet, heat oil on medium; brown chicken. Spread marmalade on top of chicken; sprinkle with nutmeg. Add orange juice and simmer for 10-15 minutes or until the chicken juices run clear.

Lunch

Submitted By: Nancy Carol Elder

Category: Lunch

Recipe Title: Double-Shell Tacos

of Servings: 2

Ingredients: 1/2 pound ground beef
2 tablespoons taco seasoning
1/3 cup water
1/2 cup refried beans
2 whole gyro-style pitas(6-inch)
2 taco shells
Toppings:
chopped green onions
chopped tomatoes
sliced ripe olives
shredded cheddar cheese
sour cream
shredded lettuce

Directions: In large skillet, cook beef over medium heat until on longer pink; drain. Stir in taco seasoning and water. Bring to a boil. Reduce heat; simmer, uncovered, 3-4 minutes or until thickened. Meanwhile, spread 1/4 cup refried beans over one side of each pita. Place on a microwave-safe plate; heat, uncovered on high for 15-20 seconds or until warmed. Immediately wrap each pita around a taco shell. Fill with beef mixture. Serve with toppings of choice.

Submitted By: Nancy Carol Elder
Category: Lunch
Recipe Title: Sour Cream Biscuits
of Servings: 2
Ingredients: 1 cup self-rising flour
1/4 teaspoon baking soda
3/4 cup sour cream
2 teaspoons vegetable oil
Directions: Combine flour and baking soda. Add sour cream and oil; stir just until moistened. Turn onto a floured surface; knead 4-6 times. Roll out to 3/4-inch thickness; cut with a 2-1/2-inch biscuit cutter. Place on a greased baking sheet. Lightly spray tops with nonstick cooking spray. Bake at 425 degrees for 10-12 minutes or until golden brown. Makes 4 biscuits.

As a substitute for self-rising flour, place 1-1/2 teaspoons baking powder and 1/2 teaspoon salt in a measuring cup. Add all-purpose flour to equal 1 cup.

Meat

Submitted By: Nancy Carol Elder
Category: Meat
Recipe Title: Barbecued Ribs
of Servings: 2
Ingredients: 2 pounds ribs, cut in serving pieces
1 lemon, sliced
1 med. onion, chopped
1/2 cup catsup
1-1/2 teaspoons Worcestershire sauce
1/2 teaspoon chili powder
1/2 teaspoon salt
dash Tobasco sauce
1/2 cup water
Directions: Heat oven to 425 degrees. Place ribs in baking pan, meaty side up. On each piece, place a slice of lemon. Roast 30 minutes. Combine remaining ingredients; pour over ribs. Reduce heat to 350 degrees and bake 2 hours more, basting 2 or 3 times.

Submitted Nancy Carol Elder

By:

Category: Meat

Recipe Title: Chili Skillet

of 2

Servings:

Ingredients: 1 tablespoon oil
1/2 cup minced onion
1/4 cup chopped green onion
1 garlic clove, pressed or minced
1/3 to 1/2 pound lean ground beef
2 teaspoons chili powder or 1 to 2 tablespoons chili seasoning mix
1/2 cup tomato juice
1 (8-oz.) can kidney beans
1/2 teaspoon oregano
1/2 teaspoon salt
1/4 cup uncooked long-grain rice
1/2 cup frozen whole kernel corn
1/4 cup chopped or sliced black olives, if desired
1/2 cup shredded Cheddar, longhorn or Monterey Jack cheese, lightly packed

Directions: Heat oil in a 10-inch skillet over medium heat. Saute onion, green pepper and garlic. Push to side of skillet. Add ground beef, breaking into chunks. Saute until no longer pink. Stir in chili powder or seasoning mix and cook 30 seconds. Add tomato juice, undrained kidney beans, oregano, salt and rice. Stir and bring to a boil. Cover and simmer 25 minutes. Stir in corn and olives, if desired. Cover and cook 5 more minutes. Sprinkle cheese over top and cover just long enough to melt cheese.

Submitted By: Nancy Carol Elder
Category: Meat
Recipe Title: Pineapple Burgers
of Servings: 2
Ingredients: 2 pineapple rings
1/2 pound ground beef

Spicy Sauce

1/2 cup brown sugar
1/2 cup catsup
2 tablespoons prepared mustard
Directions: Drain pineapple well. Divide beef into 4 thinner patties; place a ring between 2 patties, sealing edges. Place burgers on rack 6-inches away from broiler unit; broil 5 minutes. Turn; broil 5 minutes more. Pour Spicy Sauce over burgers.

Spicy Sauce

Blend all ingredients together. Simmer 2-3 minutes.

Submitted By: Nancy Carol Elder
Category: Meat
Recipe Title: Southern Burgers
of Servings: 2
Ingredients: 1/2 pound ground beef
1 small onion, diced
1-1/2 tablespoons catsup
1-1/2 tablespoons prepared mustard
1/2 can (10-1/2-oz.) chicken gumbo soup
Directions: Brown beef and onion in a little hot oil. Stir in rest of the ingredients. Simmer until mixture thickens a little, about 15 minutes. Spoon over toasted buns or English muffin halves.

Submitted By: Nancy Carol Elder
Category: Meat
Recipe Title: Texas Hash
of Servings: 2
Ingredients: 2 medium onions, sliced
1 small green pepper, minced
1-1/2 tablespoons vegetable oil
1/2 pound ground beef
1 cup cooked tomatoes
1/4 cup uncooked rice
1/2 teaspoon chili powder
1 teaspoon salt
dash pepper
Directions: Heat oven to 350 degrees. Saute onions and green pepper in hot oil until yellow. Add ground beef and fry until mixture falls apart. Stir in remaining ingredients. Pour into greased 1-qt. baking dish. Cover and bake 1 hour, removing cover last 15 minutes.

Submitted By: Nancy Carol Elder
Category: Meat
Recipe Title: Hamburger Pie
of Servings: 2
Ingredients: 2 tablespoon chopped onion
1 tablespoon shortening
1/2 pound ground beef
1/4 teaspoon salt
1/8 teaspoon pepper
1 cup drained, green beans(canned,fresh, or frozen)
1/2 can tomato soup(10-1/2-oz.)
1 cup mashed potatoes(fresh,leftover or instant)
paprika
Directions: Heat oven to 350 degrees. Cook onion in hot fat until yellow; add meat and cook until brown. Add seasonings, beans and soup. Pour into a 1-qt. greased baking dish. Spoon mashed potatoes over mixture. Sprinkle with paprika.

Submitted By: Nancy Carol Elder

Category: Meat

Recipe Title: Oriental Skillet Supper

of Servings: 2

Ingredients: 1/4 pound beef cube steaks, cut into strips
2 teaspoons vegetable oil
1/4 cup julienned green pepper
2 tablespoons chopped celery
2 teaspoons cornstarch
1/4 cup water
4 teaspoons soy sauce
1/2 teaspoon sugar
1/8 teaspoon salt
1 small tomato, cut into wedges
hot cooked rice

Directions: In a small skillet, stir-fry the steak in oil for 4 minutes or until no longer pink. Remove steak and keep warm. Stir-fry green pepper and celery until crisp-tender. Combine cornstarch, water, soy sauce, sugar and salt until smooth; add to the skillet. Bring to a boil. Cook and stir for 1 minute or until thickened. Add steak and tomato to skillet; heat through. Serve over rice.

Pork

Submitted By: Don Alexander

Category: Pork

Recipe Title: Crock Pot Pork Chops

of Servings: 2

Ingredients:

- 1-2 Pork Chops (I like the 1 inch thick pork chops with bone still in them)
- A pinch of salt
- A pinch of pepper
- A pinch of garlic powder
- A pinch of onion powder
- 2 tablespoons of Olive Oil (I think that Olive Oil gives the best flavor, but you can use any kind of cooking oil)

- 1 can of Golden Mushroom Soup

Directions: Sprinkle each side of the pork chops with the salt, pepper, garlic powder and onion powder. Heat a large skillet on medium/high heat. Pour the olive oil in the heated skillet (Here is a good cooking tip: If you heat the pan up first before you put the oil in the pan, then the food will not usually stick to the pan when you brown it. Just remember: Hot pan, cold oil, food won't stick). I got this from the Yan can Cook show a long time ago.

Put the pork chops in the skillet and brown on each side for about 1 minute. Remove the pork chops from the skillet and place them in a crock pot.

Pour the can of Golden Mushroom soup in the crock pot. Put the lid on the crock pot and turn it on low for 8 hours.

The best way to do this for dinner is to get up 15 minutes earlier in the morning before work and prepare the chops. This way you have dinner waiting for you when you get home from work. Trust me, you'll be glad you got up those 15 minutes early when you taste this one.

Submitted By: Nancy Carol Elder

Category: Pork

Recipe Title: German-Style Skillet

of 1

Servings:

Ingredients: 4-oz. ground pork
2 tablespoons chopped onion

1/2 of an 8-oz. can sauerkraut, rinsed, drained, and snipped
2 tablespoon apple juice
1/4 teaspoon caraway seed
1 small apple, cored and sliced

Directions: In a small skillet cook the ground pork and chopped onion till pork is brown and onion is tender; drain off fat. Stir sauerkraut, apple juice and caraway seed into the meat mixture. Arrange the apple slices atop the mixture. Cover and simmer about 5 minutes or till the apple slices are just tender.

Rice Dishes

Submitted Nancy Carol Elder

By:

Category: Rice Dishes

Recipe Title: Herbed Rice

of 1

Servings:

Ingredients: 1/4 cup uncooked long grain rice
1 green onion with top, cut into 1-inch pieces
1 tablespoon butter or margarine
1/8 teaspoon each:
dried tarragon, thyme, basil, parsley flakes and pepper
1/2 cup chicken broth
salt to taste, opt.

Directions: In a small saucepan, cook rice and onion in butter until onion is tender. Add the seasonings; cook for 1 minute. Add broth and salt if desired; bring to a boil. Cover and simmer for 15 minutes or until liquid is absorbed and rice is tender.

Submitted Nancy Carol Elder

By:

Category: Rice Dishes

Recipe Title: Cheddar and Rice Bake

of 1

Servings:

Ingredients: 1 beaten egg
1/2 cup cooked rice
3 tablespoons shredded cheddar cheese(3/4 cup)
2 tablespoons snipped parsley
2 tablespoons milk
dash onion powder
nonstick vegetable spray coating
2 teaspoons sunflower nuts

Directions: In small mixing bowl combine the first 6 ingredients. Mix well. Spray an individual baking dish with spray coating. Spoon rice mixture into dish. Sprinkle with sunflower nuts. Bake in a 350 degree oven about 20 minutes or till a knife inserted near center comes out clean. Let stand 3 minutes.

Seafood

Submitted Nancy Carol Elder

By:

Category: Seafood

Recipe Title: Baked Fish

of 2

Servings:

Ingredients: 1/2 pound panfish fillets (perch, trout, whitefish)
4 teaspoons grated Parmesan cheese
1/2 teaspoon dill weed

Directions: Place fish in a 10-inch pie plate that has been coated with nonstick cooking spray. Sprinkle with Parmesan cheese and dill. Bake, uncovered, at 350 degrees for 8-10 degrees or until fish flakes easily with a fork.

Submitted Nancy Carol Elder

By:

Category: Seafood

Recipe Title: Spinach Catfish Skillet

of 1

Servings:

Ingredients: 10 baby carrots
2 teaspoons vegetable oil
1/4 cup thinly sliced onion
1 catfish fillet about 6-oz.)
1 pkg. (6-oz.) fresh spinach (baby spinach, if you can find it)
2 tablespoons white wine vinegar or cider vinegar
1/4 teaspoon sugar

Directions: Stir-fry carrots in oil for 1-2 minutes or until crisp-tender. Add onion; cook and stir for 1 minute. Add catfish; cook for 2-3 minutes on each side. Add spinach. Sprinkle with vinegar and sugar. Cover and cook for 5 minutes or until fish flakes easily with a fork. Remove to a warm serving dish; spoon pan juices over fillet.

Submitted By: Nancy Carol Elder

Category: Seafood

Recipe Title: Dilly-Lemon Fish Fillet

of Servings: 1

Ingredients: 1/4 of an 11-1/2-oz. package (1 portion) frozen fish portions, thawed
2 teaspoons lemon juice
dash salt
dash black pepper
dash paprika
1/2 teaspoon mayonnaise or salad dressing
1-1/2 teaspoons plain yogurt
1/4 teaspoon dried dillweed
1 cherry tomato, halved
parsley, opt.

Directions: Place the fish portion in a small shallow baking dish. Brush the surface of the fish with the lemon juice; sprinkle with salt, pepper , and paprika. Bake in a 450 degree oven for 8 to 10 minutes or till the fish flakes easily when tested with a fork.

Meanwhile, in a small mixing bowl, stir together mayonnaise, yogurt and dried dillweed. Spoon over fish. Garnish with the cherry tomato halves and parsley, if desired.

Vegetables

Submitted By: Nancy Carol Elder

Category: Vegetable Recipes

Recipe Title: French Peas

of Servings: 1

Ingredients: 1 teaspoon butter or margarine
2 teaspoons water
2 medium fresh mushrooms, thinly sliced
1/2 cup frozen peas
2 thin onion slices
pinch of salt, opt.

Directions: Melt butter in a small saucepan; add all remaining ingredients. Cover and cook until peas are tender, stirring occasionally.

Submitted By: Nancy Carol Elder
Category: Vegetable Recipes
Recipe Title: Baked Beans For Two
of Servings: 2
Ingredients: 1 can (regular size) pork and beans
3 tablespoons ketchup
2 tablespoons chopped onion
2-3 teaspoons brown sugar
2-3 teaspoons honey
1 teaspoon prepared mustard
1/2 teaspoon Worcestershire sauce
1/8 teaspoon prepared horseradish
Directions: Combine all ingredients in an ungreased 1-qt. baking dish. Bake, uncovered at 350 degrees for 30-40 minutes.

Submitted By: Nancy Carol Elder
Category: Vegetable Recipes
Recipe Title: Roasted Potatoes
of Servings: 2
Ingredients: 2 tablespoons lemon juice
4 teaspoons olive oil or vegetable oil
1/2 teaspoon dried thyme
1/2 teaspoon garlic salt
1/8 teaspoon pepper
6 small red potatoes (about 1 pound), quartered
Directions: Combine first 5 ingredients in a medium bowl. Add potatoes; toss to coat. Place in a greased 8-inch square baking dish. Bake, uncovered at 450 degrees for 40 minutes or until potatoes are tender, stirring occasionally.

Submitted By: Nancy Carol Elder
Category: Vegetable Recipes
Recipe Title: Potato Salad For One
of Servings: 1
Ingredients: 1/4 cup mayonnaise or salad dressing
2 tablespoons chopped celery
1 tablespoon chopped onion
1 tablespoon pickle relish, drained
1-1/2 teaspoons diced pimiento, drained
1 teaspoon Dijon mustard
1/2 teaspoon cider vinegar
dash salt and pepper
1 medium baking potato, cooked, peeled and cubed
Directions: Combine first 8 ingredients. Add potato and toss. Chill for 1 hour.

Submitted By: Nancy Carol Elder
Category: Vegetable Recipes
Recipe Title: Hearty Stuffed Potatoes
of Servings: 2
Ingredients: 2 medium baking potatoes
1/2 cup cottage cheese
3 tablespoons mayonnaise
2 teaspoons prepared mustard
1/2 teaspoon dill weed
1/4 to 1/2 teaspoon salt
1/8 teaspoon pepper
1/2 cup plus 1 tablespoon shredded cheddar cheese, divided
1 hard-cooked egg, chopped
1 plum tomato, thinly sliced
Directions: Bake potatoes at 375 degrees for 1 hour or until tender. Cool. Cut a thin slice off the top of each potato. Scoop out pulp, leaving a thin shell. Mash the pulp, cottage cheese, mayonnaise, mustard, dill, salt and pepper. Stir in 1/2 cup cheddar cheese and egg. Spoon into potato shells. Top with remaining cheese. Place on baking sheet. Bake at 375 degrees for 25-30 minutes or until heated through. Garnish with tomato.

Submitted By: Nancy Carol Elder
Category: Vegetable Recipes
Recipe Title: Green Beans with Mushrooms
of Servings: 2
Ingredients: 1 tablespoon minced onion
1 tablespoon vegetable oil
1/2 of a (1 pound can) green beans, drained
1 tablespoon cut-up pimiento
1 teaspoon minced parsley
1 can(3-oz.) mushrooms stems and pieces, drained
salt and pepper
Directions: Saute onion in oil until transparent. Add beans, pimiento, parsley, and mushrooms. Season with salt and pepper. Fry together lightly to heat through.

Submitted By: Nancy Carol Elder
Category: Vegetable Recipes
Recipe Title: Stewed Tomatoes
of Servings: 2
Ingredients: 1-3/4 cups cooked tomatoes
1/2 teaspoon minced onion
3/4 teaspoon sugar
1 tablespoon butter
1/4 cup soft bread crumbs
dash pepper
Directions: Simmer all ingredients together.

Submitted By: Nancy Carol Elder
Category: Vegetable Recipes
Recipe Title: Green Rice
of Servings: 2
Ingredients: 1/2 cup plus 1 tablespoon instant rice
1/4 cup sour cream
1/4 cup finely chopped parsley
1-1/2 teaspoons grated onion
Directions: Cook rice as directed on the package. Mix all ingredients together. Season to taste.

Submitted By: Nancy Carol Elder
Category: Vegetable Recipes
Recipe Title: Skillet Potatoes with Olives
of Servings: 2
Ingredients: 1 tablespoon butter or margarine
1 cup sliced or diced potatoes
2 tablespoons coarsely chopped red onion
1/4 teaspoon peppered seasoned salt
2-4 tablespoons sliced pimiento-stuffed olives
Directions: Melt butter in medium skillet over medium heat. Add potatoes, onion and seasoned salt. Cook 6-8 minutes or until potatoes are tender and lightly browned, stirring occasionally. Stir in olives. Reduce heat to medium-low; cook 2-4 minutes or until thoroughly heated, stirring occasionally.

Submitted By: Nancy Carol Elder
Category: Vegetable Recipes
Recipe Title: Honey-Mustard Sprouts
of Servings: 2
Ingredients: 10 fresh or frozen brussels sprouts, halved
1-1/2 teaspoons butter or margarine, melted
1-1/2 teaspoons honey

1/2 teaspoon Dijon mustard
dash each: onion powder and dill weed

Directions: Cover and cook sprouts in boiling water for 8-12 minutes or until crisp-tender; drain very well. In a small bowl, combine the butter, honey, mustard, onion powder and dill. Drizzle over the sprouts and toss to coat.

Submitted By: Stef Glassee

Category: Vegetable Recipes

Recipe Title: Hot and Spicy Chick Peas (VEGETARIAN RECIPE)

of 2

Servings:

Ingredients:

- * 1 can chick peas (15 1/2 oz; 439 gr)
- * 1 medium onion, finely chopped
- * 1 teaspoon ginger, finely chopped
- * 1 clove garlic, finely chopped
- * 1 green chilly, finely chopped
- * 2 medium well ripened tomatoes, seeded and chopped
- * 1 tablespoon fresh coriander chopped
- * 1 tablespoon lemon juice
- * 10 g vegetable oil
- * spices :
 - 1/2 teaspoon turmeric
 - 1/2 tablespoon ground coriander
 - 1 coffeespoon garam masala
 - salt to taste

Directions:

1. Drain chick peas, reserving the liquid.
2. Cook the onions, ginger garlic, chilies and turmeric in the vegetable oil until golden and softened.
3. Add the tomatoes and cook to soften, then add the ground coriander and chick peas.
4. Cook for 10 minutes, add the reserved liquid and cook a further 10 minutes.
5. Add garam masala, lemon juice and stir in the fresh coriander. Cook gently for 2-3 minutes, adding more liquid, if needed, to make a sauce.

Soup/Stew

Submitted Nancy Carol Elder

By:

Category: Soup/Stew Recipes

Recipe Title: Creamy Tomato Soup

of 2

Servings:

Ingredients: 1 can (8-oz.) tomato sauce
1 tablespoon butter or margarine
1/8 to 1/4 teaspoon onion powder
dash pepper
2 cups milk

Directions: Combine first 4 ingredients in saucepan. Bring to a simmer over medium heat. Gradually stir in milk; cook and stir until heated through (do not boil).

Submitted Nancy Carol Elder

By:

Category: Soup/Stew Recipes

Recipe Title: Barleyburger Stew

of 2

Servings:

Ingredients: 3/4 pound ground beef
1 medium or 2 small onions, chopped
2 tablespoons fat
1/4 cup chopped celery
2 cups tomato juice
1/2 cup hot water
1-1/2 teaspoons chili powder
1-1/2 teaspoons salt
1/4 teaspoon pepper
1/4 cup barley

Directions: In large kettle, brown beef and onions in hot fat, stirring frequently. Add remaining ingredients; cook slowly for 1 hour.

Submitted By: Nancy Carol Elder
Category: Soup/Stew Recipes
Recipe Title: Black Bean Soup
of Servings: 2
Ingredients: 1 large onion, chopped
2 garlic cloves, minced
1 can(14-1/2-oz.) chicken broth, divided
1/2 teaspoon dried oregano
1/4 teaspoon dried thyme
1/4 teaspoon ground cumin
dash cayenne pepper
1 can(15 ounces) black beans, rinsed and drained, divided
Directions: In large saucepan, cook onion and garlic in 2 tablespoons of broth over medium heat until onion is tender. Stir in the oregano, thyme, cumin and cayenne; cook for 1 minute. In a blender or food processor, cover and process half of the beans for 30 seconds; add to saucepan with remaining beans and broth. Cook, uncovered, over low heat for 15 minutes or until heated through.

Salad Recipes

Submitted By: Nancy Carol Elder
Category: Salad Recipes
Recipe Title: Basil Vinaigrette For Salads
of Servings: 1
Ingredients: 1/4 cup olive or vegetable oil
4-1/2 teaspoons red wine vinegar or cider vinegar
1/4 teaspoon ground mustard
1/4 teaspoon dried basil
1/8 teaspoon garlic powder
salt and pepper to taste
Directions: Mix all in a small bowl or put ingredients in a jar with a tight-fitting lid and shake well.
Makes 1/4 cup of dressing.

Submitted By: Bean Salad
Category: Salad Recipes
Recipe Title: Bean Salad
of Servings: 2
Ingredients: 1 cup drained cooked kidney beans
2 tablespoons diced celery
2 pickles(dill or sweet), chopped
1 tablespoon minced onion
1 hard-cooked egg, sliced
1/4 teaspoon salt
pinch of pepper
about 2 tablespoons mayonnaise or sour cream
grated cheese
Directions: Mix all ingredients together. Chill. Serve on greens. Garnish with grated cheese.

Submitted By: Nancy Carol Elder
Category: Salad Recipes
Recipe Title: Waldorf Salad
of Servings: 2
Ingredients: 1 cup diced apple(red skin on)
1/2 cup diced celery
a few broken nuts
1/4 cup mayonnaise or 2-3 tablespoons mayonnaise thinned with cream
Directions: Lightly mix first 3 ingredients. Toss with mayonnaise. Serve in lettuce cups. May top with a maraschino cherry.